

Campus Recovery Programs



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Comprehensive Campus AOD Model includes: Prevention, Training, Enforcement, Intervention, Treatment and Recovery Support



- **Environmental supports for low risk students**
- **Policies for referral and training front line staff to identify students at risk**
- **Screening and brief interventions**
- **Short term counseling with AOD trained professionals to address students with a pattern of problems**
- **Referral for treatment: Intensive Outpatient Programs or Inpatient**
- **Campus Recovery Support**

Models of Campus Recovery Programs



Common Characteristics:

- Campus based professional with responsibilities for developing a support network for students in recovery
- Outreach and publicity about the program
- Facilities dedicated to recovery program

Unique Characteristics:

- Recovery House: on campus or off campus
- Campus 12 Step Meetings
- Academic credit given for courses required of students in recovery program
- Length of time in recovery prior to admission
- Funding sources and oversight of program

Recovery Support to College Students: The Need



- In the decade between 1992 and 2002 the numbers of adolescent treatment admissions increased by 65% from 95,000 to 156,000 in the US according to SAMHSA data in 2004.
- Increase in numbers of young people in recovery wanting to attend college who need support to manage the drinking environment that exists at most colleges.
- Two studies have reported that 13% to 32% of college students meet DSM IV criteria for alcohol abuse and 6% to 8% for alcohol dependence. In 2008-2009 that translated into approximately 1,000,000 college students with alcohol dependence.
- Recovery support for young people in college not only increases opportunities for a productive adult life but also contributes to recovery success.

College Students in Recovery: Campus Challenges



- Many college peers are engaging in alcohol and other drug experimentation, while students in recovery are learning how to manage abstinence.
- Maintaining abstinence is often dependent on restructuring daily lives to avoid behaviors and social triggers that may lead to use.
- Young people in recovery- “Been there, done that”.
- Lack of privacy and space in most residential college living environments. Balancing demands of recovery and academics.
- The need to fit in and make new friends and a sense of belonging.
- Understanding how students in recovery sometimes feel they’re missing out on the “normal” college experience, recovery communities provide the social support of others in recovery.

Evaluation of Campus Recovery Programs



- Two of the largest Campus Recovery Programs have begun to produce some promising data:
- **Texas Tech University's Center for the Study of Addiction and Recovery (CSAR)** in Lubbock, Texas, has produced the most research to date on campus recovery programs.
- **Augsburg College's StepUp Program** in Minneapolis, Minnesota, has also been tracking relapse rates and grade point averages of their recovery community.
- A growing number of other campuses offer recovery communities. They include Brown (1977), Case Western, Washington State, UT Austin, UVA, Loyola, Kennesaw, UPenn, Georgia Southern, Rutgers-Newark, Grand Valley, William Patterson, Tulsa Community College, Northern State, College of St. Scholastica. "If you build it, they will come..."

College Students in Recovery: Texas Tech CSAR Student Profile

Problems caused by alcohol and drug use encountered by the sample

	Yes	No
General problems caused by drugs and alcohol ($N = 82$)		
Family ever worry or complain about use?	74 (90.2)	8 (9.8)
Did use ever create problems with close relationships?	75 (91.5)	7 (8.5)
Neglected family, school, or work obligations for 2 or more days?	71 (86.6)	11 (13.4)
Trouble at school or work because of use?	67 (81.7)	15 (18.3)
Legal problems ($N = 82$)		
Arrested for driving under the influence?	24 (29.3)	58 (70.7)
Arrested because of other use-related behaviors?	54 (65.9)	28 (34.1)
Dependence items ($n = 74$)		
Been on a drug spree or binge that lasted for more than 3 days?	62 (83.8)	12 (16.2)
Felt things crawling on you as a result of drug use?	54 (73.0)	20 (27.0)
Had shakes or tremors during or after drug use?	62 (83.8)	12 (16.2)
Used drugs several times a day to keep a high going?	69 (93.2)	5 (6.8)

Data are expressed as n (%).

Cleveland, H. H., Harris, K. S., Herbert, R. & Dean, L.R. (2007). Characteristics of a collegiate recovery community: Maintaining recovery in an abstinence-hostile environment. *Journal of Substance Abuse Treatment*, 33(1), 13-23.

Augsburg College StepUp Program

Abstinence Rate Over 12 Years

School year including summer, fall and spring semesters	Students Served Yearly *	Relapse Number Yearly	Average Yearly Abstinence Rate	Average Yearly Relapse rate
1997-98	36	9	75%	25%
1998-99	41	7	83%	17%
1999-00	44	8	82%	18%
2000-01	46	6	87%	13%
2001-02	54	11	80%	20%
2002-03	61	10	83%	17%
2003-04	83	12	85.55%	14.45%
2004-05	61	5	91.80%	8.19%
2005-06	54	12	79.78%	20.22%
2006-07	56	5	91.08%	8.92%
2007-08	79	8	89.88%	10.12%
2008-09	76	5	93.50%	6.49%
Average Fall 1997 to Spring 2009	57.58	8.16	85%	15%

* Duplicated count as students continue year to year

Administrative Challenges



- **Where does the initiative to create a Campus Recovery Program come from? Academic Department vs. student services?**
- **Funding and institutional support over time**
- **One campus recovery model does not fit all campuses**
- **Recovery as the positive side of addiction**



Admission Criteria for Campus Recovery Programs



- Admission to university
- Interview with recovery program
- Successful completion of treatment program
- Three months to one year of continuous abstinence
- Regular attendance at 12 Step meetings, sponsor
- Stabilization of any co-occurring mental health disorders.



Managing Relapse



- Relapse prevention strategies an integral component
- Procedures for addressing relapse are discussed with all students in recovery community and are in writing.
- Response is therapeutic (not punitive) and rapid.
- Determine response to individual relapses depending on severity.
- Managing the anxiety that relapses create within the recovery community with open and direct communication.
- Balancing confidentiality with transparency.
- Administrative review.

Rutgers Recovery House



- In 1988 Rutgers became the first university to offer an on-campus residence hall for students in recovery.
- Safe haven for students who started recovery through on-campus AOD counseling program. Students in recovery began transferring to Rutgers because of Recovery House and support services.
- Recovery House is not a halfway house but a residence hall for students in recovery. Emphasis on self governance and accountability to the community.
- Alumni now include individuals in the 30's-50's with up to 27 years of sobriety. Rutgers Recovery Reunions in 1993, 2003 and 2008.
- In 2008 Rutgers received a three year grant from the NJ Division of Addiction Services to enhance our recovery support services.

Rutgers Recovery Community Enhancements



- Full-time Recovery Counselor-Rutgers Newark and New Brunswick
- Life skills training
- Academic support services
- Coordinated admissions process
- Housing scholarships
- Sober Spring Break, Halloween, New Year's Eve and Super Bowl Parties
- Graduation Party was May 17, 2010. We had 9 graduates this year, one graduated Phi Beta Kappa. We had 50 in attendance including parents, close friends and sponsors.
- Importance of having fun (to fill the time that students used to spend using) Intramurals, speaking opportunities, sporting events, hikes, plays, museums
- Service work and internships
- Opportunities to bond with others in recovery

12 Step Programs and the College Student



- One of the most misunderstood, underutilized support networks is free and available on nights and weekends!
- One of the most important components to successful recovery is making new friends and developing a new recovery support network.
- Understanding, translating and working through resistance to 12 Step Recovery.
- Many concepts within 12 Step Recovery are harm reduction and motivational in nature.
- Many studies on adolescent treatment outcomes point to increased abstinence rates with AA/NA engagement
- “Universality, support and instillation of hope” are primary attractions for youth at 12 Step meetings.

Association of Recovery Schools



- **Founding college programs**
 - Augsburg College
 - Texas Tech University
 - Rutgers, The State University of New Jersey
- **Annual meetings, mentoring support**
- **2010 Conference: Boston, MA**
July 21-23 at Northeastern University
- **www.recoveryschools.org**

Thank you



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**AND TO COUNTLESS STUDENTS WHO HAVE
TAUGHT US ALL SO MUCH ABOUT HOW TO
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The End



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